



Fresh. Canned. Dried. Frozen.

It's **KIP** to be healthy!

**3 easy steps to
eating better and
saving money**

Questions? 1-888-987-4487



1. Buy HIP fruits and vegetables with your EBT card

- **When you buy HIP fruits and vegetables, you get DOLLARS back on your EBT card.**
- **All fresh fruits and vegetables (except white potatoes).**
- **Any brand of canned, frozen or dried fruits and vegetables (except white potatoes) with nothing added (except salt).**



2. Earn SNAP \$\$ back on your EBT card

- For every DOLLAR you spend on fruits and vegetables, you get 30 cents instantly on your EBT card to spend on any SNAP foods.
- You can spend the extra money you earn anytime—it does not expire.



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HIP logo

3. Find a HIP store near you

- Look for the HIP logo at supermarkets, convenience stores, grocery stores, bodegas, and farmers markets.
- You will automatically get the credit when you shop at: Stop & Shop, WalMart, Price Rite, Geissler's, and Cumberland Farms.
- At other HIP stores — be sure to tell the cashier that you are HIP.



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Have questions?

- For more information or questions about HIP, CALL toll-free: 1-888-987-4487 between 9am and 5pm, Mon. to Fri. Leave a message and we will return your call.
- You can EMAIL your questions to: dta.hip@state.ma.us
- VISIT our web site: www.mass.gov/dta/hip